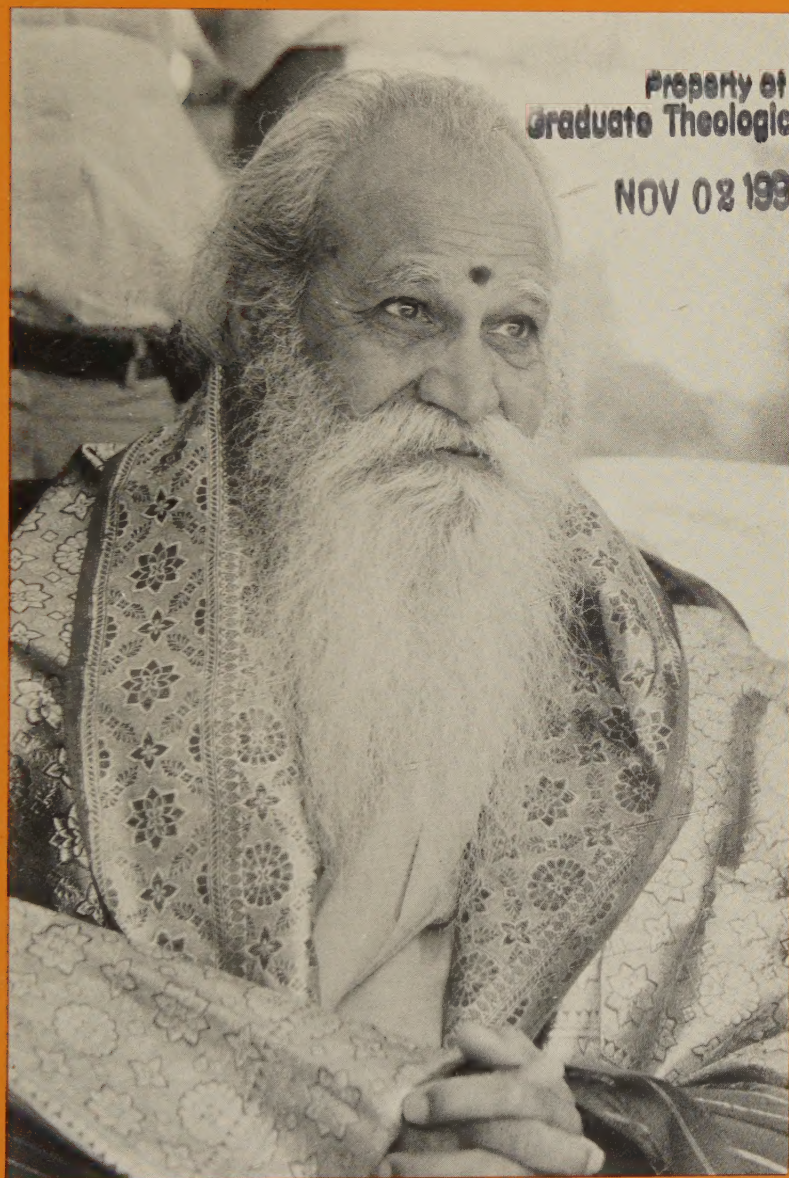


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THE TEACHINGS OF SRI SWAMI SATCHIDANANDA

Fall 1990

\$3.00

UPCOMING EVENTS WITH SRI GURUDEV

SEPTEMBER

29-30	Monroesville PA	Hindu-Jain Temple Inauguration
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OCTOBER

14	Jefferson, MD	Program with Sri Swami Chidanandaji
15-16	Yogaville VA	Program with Sri Swami Chidanandaji
25	Richmond, VA	Public talk at the Marriott Hotel

1991

FEBRUARY

1 - 2	Lisbon PORTUGAL	Public Talk
3 - 10	Faro PORTUGAL	Integral Yoga Retreat

MAY

17-19	Montreal CANADA	Spiritual Sciences Fellowship Conference
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Please note: Sri Gurudev's very busy schedule is subject to changes and additions. Please contact the Integral Yoga Institute nearest you or Satchidananda Ashram - Yogaville for updated information.

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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga—including Hatha, Raja, Karma, Bhakti and Jnana Yogas—as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living, are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga centers.

The LOTUS (Light Of Truth Universal Shrine)—a shrine dedicated to the Light of all faiths and to world peace—is open to the public and is located in Yoga-ville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

LETTERS TO

This letter is a humble attempt to thank you for your love and guidance and to request the honor of your blessing on our marriage.

Several years ago, Ronnie [who was incarcerated at the time] submitted an article to *Integral Yoga* magazine [about studying and practicing Yoga in prison]. It was published in May/June 1988. Barbara read the article and began corresponding with Ronnie. A lasting friendship developed. Ronnie was released from prison in August 1988. Several months later Barbara moved to Austin, Texas to work with Ronnie in opening a Yoga teaching center.

Today we are co-directors of Yoga House which serves over 200 students. The center is situated on the edge of the University of Texas campus overlooking a beautiful park. The meditation garden, which karma yogis have helped build, slopes down to a rock-lined creek. A wide variety of classes are offered here, including a 50-week apprentice program for students interested in training as yoga teachers. There is also a small bookstore and gift shop which is stocked primarily by Integral Yoga Distribution. The students are becoming increasingly curious about Yoga and find the books and tapes a wonderful service of inspiration.

We have also been significantly influenced by the teachings of the Integral Yoga Institute and have personally read and listened to your words of love and support for many years. Ronnie corresponded with Reverend Jaganath Carrera while in prison and found the friendship a continuous source of encouragement. Barbara discovered In-

SRI GURUDEV

Integral Yoga in 1985 through her teacher, Paul Olko who now lives in Charlottesville. Your books, tapes, retreats and classes continue to inspire us in our service at Yoga House and in our growing relationship. [Ronnie and Barbara were married on 7 July, Guru Poornima]

We would be honored to have your personal blessing on our union as you have been instrumental in bringing and keeping us together.

Thank you so much for your kind consideration of this request and for guiding us along a path of inner peace. Love and blessings to you.

*Ronald D. Eckelbecker
and Barbara Germershausen*

I wish to convey my grateful thanks for the excellent hospitality extended, and blessings showered and affection poured on me during my visit to the Ashram last month. It was altogether a different world for me indeed.

Every Indian should feel proud of your activities in Yogaville to bring about religious harmony, world peace and solidarity; and, personally, I am immensely pleased and I pray to the Almighty that our Ashram should enlarge to enlighten spiritual conscience.

With greatest regards and affection,
Yours sincerely,

V.G. Santhosam



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SRI SWAMI SATCHIDANANDA (called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, Paths are Many." His main residence is in Buckingham, Virginia. In response to invitations from all around the globe, Sri Gurudev travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books and visits to centers around the globe in the fields of education, religion, health and Yoga.



SATSANG WITH SRI GURUDEV

KNOW WHAT TO ASK FOR

by Sri Swami Satchidananda

"After creating humankind together with sacrifice, the Creator said: Through sacrifice you will increase yourself and get everything that you want."

-The Bhagavad Gita, 3:10

Prajapati is the word used here for the Creator. *Praja* means the created. *Pati* means Lord. The Lord of the created is the Creator. *Praja* literally means citizen. You are the *praja* of the country. But here it doesn't mean only human beings. Everything that exists, visible and invisible, are all *prajas*. The Lord is the One who *causes* the Creation.

When God created the beautiful Garden of Eden, He didn't say a word to all those plants, fruits, flowers, trees and animals. He could have said at least something to the dogs and cats. No. He just created them and allowed them to play around. He didn't even say anything to the snake or the scorpion. He could have said, "Don't sting anybody." But no, He didn't say anything. Only when He created humans He opened his mouth and said, "My little boy, don't eat the fruit." Why? It's because only at the human level have we been given the freedom to choose right or wrong. So naturally there should be guidance also.

According to this sloka, the guidance from the Lord is: "Well, humanity, I have created you, and I am giving you the ability to sacrifice, to make an offering. By this you propagate yourself. Let this *yajna*, or sacrifice, be your milking cow. Of course, it doesn't mean just a regular cow. This cow represents: everything that you want, you get.

According to Hindu mythology, there is a cow known as *Kamadhenu*. *Kama* means desire. *Dhenu* means the giver. Whatever you want, you get. If you have *Kamadhenu* at your home, all your desires are fulfilled. You simply want it, you get it. Do we have such a *Kamadhenu* today? We do. It's not that there is only a mythological cow somewhere. No, everybody has been given a *Kamadhenu*, a boon-giving device. There is also a tree known as the boon-giving tree. I feel that this is the tree that became transformed into the Christmas tree, a tree with all the gifts underneath. It's a boon-giving tree: just go there, think what you want, and you get it.

The great woman saint *Avvayaar* once said, "Even after having gone and sat under that boon-giving tree, if you ask for bitter fruit, that's your destiny." It's ready to give everything, but it won't give it to you unless you ask. And you should know what to ask for.

Once a fellow went into the jungle and became very tired. He found a beautiful tree and sat beneath it. But the ground was thorny. He couldn't lie down anywhere. "How nice it would be if I had a small cot!" The minute he thought of it, he found himself sitting on a cot. "Oh boy, I have a cot!" He lay down. "This is very comfortable, but I'm also hungry. I could use something to eat, maybe a banana." Immediately a bunch of bananas appeared. "What's this?" He couldn't believe his eyes. "It seems that whatever I want I can get. Then how about some gourmet cooking?" Immediately, plates filled with delicacies, delicious dishes, pudding and desserts appeared. He

ate sumptuously and then thought, "It would be nice if there were someone to massage my feet to put me to sleep." Even as he thought of it, there was already a beautiful angel-like person there massaging his feet. He became excited, "Oho! It looks like whatever I'm thinking, I'm getting. Now I have a comfortable bed, a good, sumptuous meal, and somebody to massage my feet. But what if, while I'm getting the massage, I fall asleep and suddenly a tiger comes from the jungle. What will happen?" Immediately he heard the roar, and a tiger appeared and devoured him.

What to do with such a person? He was under a boon-giving tree. Whatever he wanted, he got. Sometimes people are like that. They can get everything, but they don't know what to ask for.

That's why sacrifice was given by the Creator. "Don't look for anything just for yourself. Let your life be a sacrifice, *yajna*. If you use this guidance which I give you, certainly you'll prosper." In order to prosper, the most important thing, the one and only thing, is living a dedicated life. Let your entire life be a sacrifice. That means renounce all your personal interest and personal desires. Live for the sake of others. Sacrifice is the law of life.

This is said only to mankind because all other species are already doing it. Everything in this creation seems to exist to be used by others. Their very life is a sacrifice. They live not for themselves, but for others. They are all still under that direct guidance of nature's law. No other species in this creation has the freedom humankind has. In nature's college they are still under the control of the cosmic law. In a simple devotee's language, every minute God simply tells them what to do and they do it. They never misbehave.

Remember we all lived that life before. During our evolution we got all the lessons. When we were grass we learned something. When we became a little bush, we learned something else. When we became a worm,

we learned something. We learned when we were cats, dogs, scorpions, foxes and cows. Sometimes traces from the past are revealed. We hear people say, "Don't trust him; he's a cunning fox." Why? Because that fox-like memory seems to be predominant even in this life. "Look at that woman; for every little thing she barks at others." That part was predominant. "My goodness, he stings you for everything." Or, "Don't stand there like a tree, man!"

We lived all those lives. We all have those *samskaras*, mental impressions, buried as part of our subconscious treasure. After having learned all that directly under the guidance of the Lord, now at the human level the Lord says, "Okay, I taught you everything. I held your hand, walked you everywhere and told you what to do. Now I want to test you. That means I give you the freedom. Let me see how you can use your education." That's what is happening at the level of humanity. "I have been bringing you up to live the life of sacrifice," says the Creator. "I'm simply reminding you that if you continue to live the same sacrificial life, you will prosper."

So, if any individual wants to prosper, to lead a comfortable and peaceful life, a life that's headed upward, he or she should keep in mind this question: "Am I leading a dedicated life? Is my life a sacrificial life?"

The entire world is a sacrificial altar. We should be constantly sacrificing ourselves. That's *yajna*. □

-from *The Living Gita*

THE NATURE AND VALUE OF INTUITION

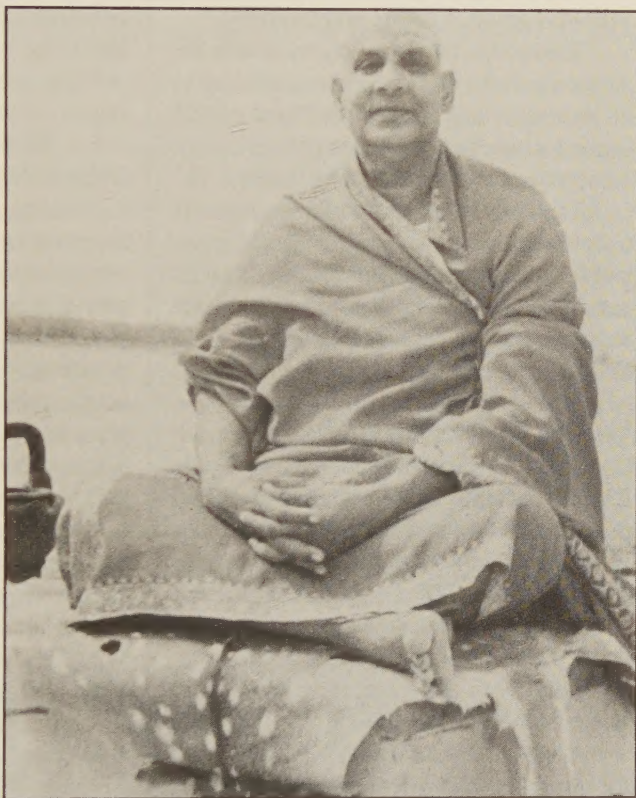
by Sri Swami Sivananda

INTUITION is direct supramental knowledge of the Atman through direct Self-realization. There is no reasoning here. Intellect ceases to function here. There is no sensation here. Intuition is beyond relativity.

This is an inner spiritual experience which cannot be adequately described in words. Language is imperfect; it cannot express this whole, ineffable, transcendental experience. Words are merely conventional.

You can realize God or the Atman, only through intuition. In intuition everything is clear. All doubts vanish in toto. Intuition is immediate knowledge in contrast with mediate knowledge. Through intuition the aspirant perceives the truth of things without reasoning or analysis.

Intuition is knowledge from within. First, there is the flash of intuition. Thereupon, the aspirant is established in his or her own Self. Intuition is immediate knowledge of the Absolute through the eye of wisdom as opposed to knowledge of the objects through the senses and the intellect. It is truth obtained by internal apprehension without the aid of perception or the reasoning powers. It is the direct perception and apprehension of the divine Reality underlying the manifested and the unmanifested universe.



TRANSCEND REASON

Intuition transcends reason, but is not opposed to reason. Reason can give you only conceptual knowledge and conceptual knowledge does not give you knowledge of the Reality in its whole, in its totality, but it divides, splits and breaks things in pieces.

The mind and senses require time and space to function but the Reality which is beyond this temporal, spatial and causal order of things, can only be grasped and apprehended by intuition. The knowledge of God would have been lost to mankind but

for the intuition and revelation of the seers and sages.

The sage in flights of intuition ascends to that supramental region and experiences the Divine Reality or the Absolute. The superconscious experience is very vivid, vital and vibrant. It is intensely real to the sage. The sage lives in it, moves in it and breathes in it. The intuitive Experience Whole is grand, sublime and profound.

Intuition is the only way by which the Absolute can be realized and experienced in all its totality and integrality. These mortal limited senses and the finite intellect cannot comprehend the all-pervading Reality.

The Indwelling Soul of this material universe is pure consciousness. Indian sages and seers have intuited this Reality in all its integrality and have given to mankind the rich and precious pearl of the wisdom of the Self.

THE EYE OF INTUITION

Instinct is present in animals and birds, intellect in human beings, intuition in adepts or yogis or illumined sages. Pure reason or *visuddha buddhi* takes the aspirant to the door of intuition. The eye of intuition opens when the heart is purified through the practice of *Yama, Niyama*, [the ethical teachings of Yoga] when the mind, intellect and the senses stop their functioning.

Yoga as practised by the Indian yogis is essentially scientific. It is capable of uniform application and guarantees uniform results to the average person who trains himself or herself in the method of intuition.

Intuition opens up new and difficult regions to conquer, but there are also lower forms of intuition. Really they are not intuition. The creative power of the unconscious mind is such that sometimes the rational activity of the mind will go on below the sublime level. It will go on far below the threshold of consciousness in sleep and dream very often. It will yield ready forms of rational thought. Coleridge composed his poem "Kubla Khan," in dream. The prob-

lem of a proper needle for the sewing machine was symbolically solved for its inventor in dream. Mathematical geniuses give ready calculations but none of these are intuitional in the sense of the spiritual science. These activities do not permit conscious willing except in the limited forms in which they manifest. Also they brook no encroachment by reason. But intuition as developed by the spiritual science widens the scope of reason and makes conscious willing possible in the highest possible degree in every direction.

THE GOLDEN KEY

Indian philosophy by developing intuition fulfils the highest aspirations of the Western philosophy. Without the philosophy of intuition, as it is practised in the East, the philosophy of the West is similar to that of science before the telescope, the microscope and the special instruments of science were invented. It was not possible to know what the microbes were before the invention of the microscope. Any attempt to form a conjecture of microscopic cells of life or matter must, obviously, have been perfect failure. To philosophize before developing all the latent powers of observation that are there in a person is not really scientific. It cannot engage serious people of action. It can never yield any tangible results. The proverb of the philosopher running after a black cat in a dark room while the cat is not there must continue to hold its own, unless intuition is developed.

Intuition is the golden key of blessedness. Intuition is the science of success. It is the science of Truth. It enables one to get eternal bliss and infinite knowledge. It opens up regions of beauty and blessedness and gives the method to conquer those regions. It gives one wonderful powers to move the world Above all, it enables the intellect to recognize the Reality and to build its concepts for the purpose of communication. □

HAVE NO FEAR

by Sri Mataji Indra Devi

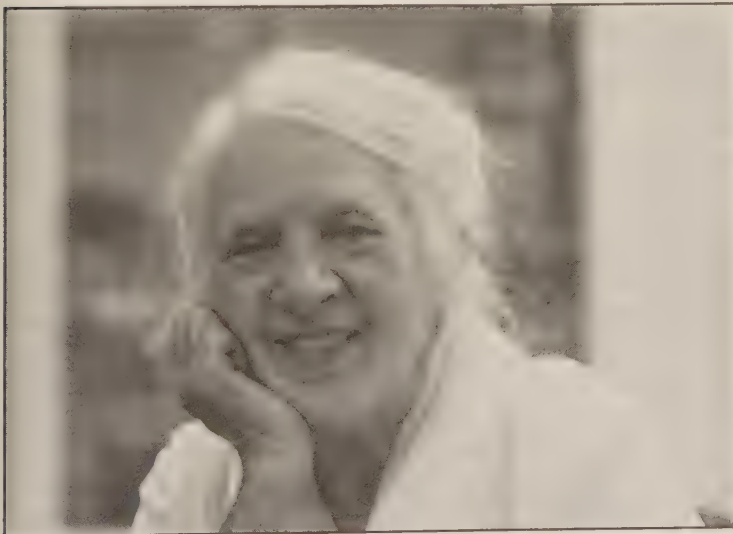
In early July, among the many other dear guests and friends, we had the pleasure of a visit from our beloved Mataji Indra Devi and were treated to her darshan in a satsang. Here are some excerpts from that event.

I HAVE NO APPROPRIATE words to say how happy I am, how grateful I am to Sri Swamiji, how grateful I am to God almighty to be here. I was supposed to be in Trinidad, and so cancelled everything just to be with Swamiji and all of you and I am so happy.

In the Bhagavad Gita, it is said that Yoga is the path to eternal freedom, and even a little progress rids us from fear. Fear is an awful thing. It is an awful thing to live in fear, and I know it because I was fearful from my very childhood. But thanks to Yoga, little by little, all the fears left me. I am so happy to be totally free of fear. And I

remember a very, very good and appropriate story about it.

A peasant walks in this field and finds a big egg. Such a big egg. He brings it home. They speculate, "What could it be?" "Ah," they said, "Never mind. The hen is sitting on the eggs. Let us put this egg there also." So, after a while, a black bird is born. It looks around, and after a short time that little black bird says, "I want to fly." The others say, "Chickens don't fly. Keep quiet. Just sit." A little time passes and the little black bird says, "I want to fly." "We told you. Don't you understand?" say the others, "Chickens don't fly. Keep quiet." Again, some time



passes. Again, "I want to fly." "How many times do we have to tell you? Chickens do not fly. Will you sit and quit?" Then time passes, and when that bird dies, they find that it was a condor. But she was told not to fly—"Chickens don't fly." So she didn't. Don't let *anyone ever* inject into you the fear when you inwardly feel you want to do something that is different from what other people expect you to do.

Somebody told me once—and I so much like this expression that I use it all the time—that the definition of a human being is: "Man is God afraid." What about that? I thought it was wonderful! Take away the fright and we're God. We have the divine spark in the heart of *each* one of us. If somebody asked, "Even a criminal?" Yes, a criminal as well. But if you take a cabbage and put light inside it, can you see it? No. So, you [remove the covering over the light] leaf by leaf. But the light is always there.

We are on this earth in order to tear out—with tears, with pain—leaf by leaf of greed, of anger, of envy, of jealousy, one by one until we can let the light shine through your eyes, speak through your words, through your deeds, through everything. There is no other manifestation of the Divine than light and love.

And you [at the Ashram] receive it so much from somebody sitting here. Who could that be? Your Gurudev. I think you will appreciate in years to come how *really* lucky you are to be in such a beautiful place, wherever you go. When I was here last year, the place was white. Now it is green. It is so full of peace, of beauty, of love. And above all this, the spirit of Sri Swamiji. How many people are missing this kind of a thing? The rest of the world. Quite a lot of people. And I will try to do whatever I can to bring as many people here to find out that there *is* such a thing. There *is* a place where you can change inwardly, where you can really and truly become your own Self, without that sense of fear, without that sense of not having self-confidence. I don't mean arrogance.

I mean self-confidence. That with Yoga, little by little, you can really move mountains. And *each* one of us can.

So, use the practice of Yoga with everything. Use Hatha Yoga but include Yama and Niyama, asanas, meditation, concentration. When you are able to rise above the little things on earth and when you are able, actually, to get higher and higher spiritually, to get to your real Self, which is above the things of the ground, all of us know it.

I remember in one of my lectures, I was talking about *Isvara pranidhanam* which is the last of the Yamas. It means surrender to the Divine. And somebody told me, "That is Eastern philosophy. We are Westerners." I said, "We have it in the Bible: Thy will be done." If once and for all you say and mean, "Thy will be done. And if it is not *Thy* will I don't want it, whatever it is that I am wishing for," then life becomes very easy. You know why? You don't worry. You let Somebody Else worry. Then, whatever happens is for our best.

There is one more story I would like to tell. It's about when you want something without saying "Thy will be done." God and St. Peter came down to earth and were walking. And St. Peter says to God, "I would like for once to be God. For one day." God says, "What for?" "No repentance; you don't have to repent," Now, there is a village on the other side of the river, with a village fiesta going on. Soon comes a pretty young girl carrying a basket. She has geese in the basket. She puts down the basket and straightens herself up. God says, "Young maiden, where are you going?" She says, "I am going to the village fair." "And who will look after your basket?" She says, "God will look after it." So God says to St. Peter, "You wanted to be God, so you stay and look after the basket. And I will go with the girl to the village!"

We never know what is better for us. So, if there is something that you are wishing, you can have a wish. But you must have with the provision, "If that is Thy will." □

IT'S ONLY GOD OUT THERE

by Marie Forest

THE WIND screamed through the night outside our windows as the summer storm swept across the Oklahoma plain. Afraid of the storm, my youngest daughter began to cry. Her sister, two years older, reached across their bed and hugged her. "Don't be afraid," she said. "It's only God out there."

Sniffing, the little one answered, "But Mummy says God is in our hearts. If He's in our hearts, how could He be out there?"

"He's not just in our hearts. He's in everybody's heart. There are a lot of hearts out there."

"Other people's?"

"Yes."

"Rabbits, too? Rabbits have hearts!"

"Yes, rabbits, too."

"Do trees have hearts?"

"They are alive; so they must have hearts."

"Flowers too?"

"Sure. They have hearts."

Two tiny figures folded back the blanket, scooted over to the window above their bed, and pulled back the curtain. The moon was bright because the wind had blown off the cover of clouds. The outline of the trees bending in and out of the shadows seemed to be like the moving of graceful figures dancing. The little creatures they saw by day were hiding in the shadows. Thunder rolled like a big boot scraping the distant hills. Thunder and the wind and the night.

"It's only God out there," my little one agreed. □

DISSOLVED DOUBT

by Lohan Hoshang of Shoshu
from the Buddhist faith

Wherever I went I met words and did not understand them.

A lump of doubt inside the mind was like a willow-basket.

For three years, residing in the woods by the stream, I was altogether unhappy.

When unexpectedly I happened to meet the Dharmaraja sitting on a rug.

I advanced towards him, earnestly desiring him to dissolve my doubt.

The master rose from the rug on which he sat deeply absorbed in meditation:

Then, baring his arm, he gave me a blow with his fist on my chest.

This all of a sudden exploded my lump of doubt completely in pieces.

Raising my head, I perceived for the first time that the sun was circular.

Since then I have been the happiest man in the world, with no fears, no worries.

Day in day out I pass my time in a most lively way.

Only I notice my inside filled with a sense of fullness and satisfaction.

I do not go out any longer, hither and thither, with my begging bowl for food.

THE GURU IN THE CIGAR SMOKE

by Mahavir Michael Niklas

I WOULD LIKE to share an experience that seems ordinary, but has had a deep effect on me. It illustrates for me Gurudev's saying, "Yoga philosophy is practical no matter what your position in life, from the outhouse to the White House."

I am employed in a hospital as an electronic technician. One of my duties is to repair medical devices that belong to various departments of the hospital.

About eight years ago a physician came to our shop with a device that he used in his private practice. In spite of our "NO SMOKING" sign, he was smoking a cigar. The device he brought had an internal battery pack that needed to be replaced. The battery pack was not readily accessible (the device had to be partially dismantled and the connections needed to be unsoldered), so the physician asked whether I would do it as a favor.

I made time for this little project and immediately began to work on it. I hoped he would have some other errand to attend to because I like to be left alone while I work, but he stayed. Not only did he stay in the shop but he stood directly behind me, looking over my shoulder as I worked. That was enough to irritate and make me nervous; but on top of that, he soon began telling me how I should be doing the job—as if I had no experience or even common sense—and he blew cigar smoke in my face all the while! His lack of consideration and appreciation in conjunction with the particular things he said and did really began to make my blood boil!

I am not a violent person, but because he was affecting so many sensitive areas of my ego at the same time, I became a little irrational and the thought came to me that I

had a right to punch this guy! I had almost made up my mind to do just that; but, as he blew another puff of smoke in my face, I marvelled at how he seemed to know exactly what would hurt my ego and how he seemed to be deliberately pushing me! I thought that combination of talents could only belong to one's guru. At precisely that moment he spoke, and I realized his accent made him sound just like Gurudev!

The thought of this entire situation being a test cooked up by my wily guru caused me to laugh, and immediately my attitude was transformed. I effortlessly finished the operation with the humble, selfless, serviceful attitude appropriate to a student of the great science of Yoga.

He thanked me and asked if he owed me anything. I refused any payment and instead jokingly remarked that meeting a lovely blonde woman might be nice, since I was single. We parted as friends; and, through the years, whenever I happen to meet him in the hospital, he always introduces me to the nearest, unsuspecting, blonde female employee and tells her what a great catch I would be (much to our mutual embarrassment!)

Whenever I look back on that day and consider the outcome of my two choices of action, I clearly see how practical Gurudev's teachings are, how wise it is to follow them, and how helpful it is to see the guru in everyone. The countless other times when my behavior has been affected by Gurudev's teachings have certainly led to a much happier life (peaceful, easeful, and useful) than I otherwise would have had.

How lucky we are to have a healthy human body, a desire to know the Truth, and a teacher leading us to the Truth! □

THRIFT - A "SAVING" GRACE

by Hari Barker

"The wise use of money is all the value there is in having it."

-Ben Franklin

AS YOGIS or aspiring yogis, probably we would all essentially agree that the best and highest use of our money, as of our lives, is to give it away; to let it be used up in service to others. No doubt, this is the goal; the ultimate gesture for confirming and realizing our ideal of unity. But what form should such a giveaway take? Should we all just immediately empty our pockets and purses into charity's coffers and commence living in "holy poverty"? Clearly, no; this is high and noble life for a few, but if we were all mendicants we would all likely starve if we were not bored to death first by the dreary sameness of things. Happily, nature loves variety, in charity as in all matters. "Time is money" says the business person; "money is a form of energy," says the philosopher. Both are right, and the variety of ways in which we can donate our time, our money and our energy is infinite. For some it's fun to build up something grand and unique as a tool for still greater serving and giving. Here, saving can help.

SERVING AND CONSERVING

In Yoga, we recognize the value of accumulating reserves of vital energy, or *prana*, to strengthen us spiritually and make us fit vehicles of service. We recognize also that there is correspondence between the spiritual and physical realms: "As above, so below." And here below, one very convenient way to accumulate energy reserves is to save money. In our everyday experience, nature presents abundant affirmation of the value of saving. Squirrels and bees save nuts and honey; our own bodies store nutrition;

our minds save facts; seeds stow the forms of life itself. Moreover, on a broader scale, history shows us that the strongest countries, the ones which lead and set the standards in world affairs, are generally those which have demonstrated the most economic self-discipline; that is, the ones with the highest savings rates. It is surely no coincidence that the words "thrift" and "thrive" come from the same root, or that Vishnu, the Hindu God of preservation, is with Lakshmi, Goddess of wealth and good fortune. As is observed in the Tirukkural, an ancient scriptural distillation of South India's wisdom teachings, "Compassion which is the child of love requireth for tending it the kindly nurse called wealth." (Chapter 76, v. 757).

Clearly then, serving and conserving can be compatible and complimentary. Of course, as is touched on above, thrift is not the highest of all values, and some few who have totally freed themselves of worldly obligations may feel a need to lay aside calculated prudence in favor of a great and total Trust. But, as Emerson observes, "...it behooves each to see, when he sacrifices prudence, to what God he devotes it." Unless and until we are very sure there is no personal self-indulgence involved, he counsels, we had best remain prudent still. So let each examine his or her own situation carefully, and seek such guidance as is needed. For the great majority of us, no doubt, the efficiencies of thrift remain well worth cultivating.

SAVING MONEY, KEEPING PEACE

One thing is certain: if we are to save our money, we must also keep our peace.

For this, as for all our pursuits, a properly balanced attitude is the key. A basic precept of Yoga is *aparigraha*, or non-hoarding, which means we are to retain as savings only what we really need for our individual and communal growth, and remain vigilant against becoming overly attached. If the possibility of losing our money overly disturbs our minds, or hardens our hearts toward the truly needy, it's a warning that we are too reliant on it. If, on the other hand, we experience an automatic, reflexive aversion to the mere idea of dealing with money, or of saving it, probably we need to recognize that, as Shakespeare put it, "nothing is either good or bad, but thinking makes it so."

Money is a neutral energy, like electricity; it's our attitudes and applications that determine its effect on us. Perhaps the ideal attitude is that expressed by the great Renaissance scientist and philosopher, Sir Francis Bacon. Referring to riches as the "baggage of virtue," he advised men to seek only so much as they might "...get justly, use soberly, distribute cheerfully and leave contentedly." If our attitude is this well balanced, probably our account books will be also.

SETTING PRIORITIES

We may or may not accept all this in theory; at any rate, as with all philosophy, it is largely empty speculation unless and until it is tested by practical application in one's life. But some people find saving difficult, especially on a limited income. In such cases, setting specific priorities and establishing a budget can help. While individual circumstances will, of course vary, financial counselors often recommend that families maintain six month's income in savings as an emergency reserve, and accumulate additional amounts for any other

specific needs. Sri Gurudev has recommended that householders aim for a savings rate of ten percent of their total income. Of course, such goals can be approached gradually; if necessary, we can set relatively modest savings rates at first, and increase them periodically, as our confidence, resolve and capacities increase. But where should we save? Ideally, it should be someplace that provides a fair return, while also offering an opportunity for maximum integration of our accumulated "green energy" with our other resources, physical, intellectual and spiritual, in support of our yogic ideals of peace and universal brotherhood.

Of course, there are many good places where savings may be put to work in support of yogic values; (including our Yogaville Credit Union) the basic theme here is that we as individuals can each benefit from making a clear evaluation of the role saving should play in our own particular situations, setting goals accordingly, and following up with action.

"Thrift is the philosopher's stone," asserts a famous Scottish proverb. Whether as philosopher's stone or as stepping stone, it is surely a natural, dependable rock of support which can help many of us reach more elevated levels of freedom, opportunity and service. No doubt we have each already experienced in some degree the new peace and strength that comes whenever we adjust some area of our lives into closer accord with nature's laws. In the same sense that we affirm "work is worship," we can, with proper understanding, assert: "saving is serving."□

-A longtime disciple of Sri Gurudev, Hari Barker has worked for many years in banking and is the President of the Yogaville Federal Credit Union

I LIVE ONLY

by Ansari of Herat

(Twelfth Century)

I live only to do Your will,
My lips move only in praise of You,

O Lord, whoever becomes aware of You
Casts out all else other than You.

O Lord, give me a heart that I may pour it out in thanksgiving,
Give me life that I may spend it
In working for the salvation of the world.

O Lord, give me understanding that I stray not from the path.
Give me light to avoid pitfalls.

O Lord, give me eyes which see nothing but Your glory.
Give me a mind that finds delight in Your service.
Give me a soul drunk in the wine of Your wisdom.

O Lord, to find You is my desire
But to comprehend You is beyond my strength
Remembering You is solace to my sorrowing heart,
Thoughts of You are my Constant Companions.
I call upon You night and day.
The flame of Your love glows in the darkness of my night.

Lord, I, a beggar, ask of You
More than what a thousand kings may ask of You;
Each one has something he needs to ask of You,
I have come to ask You to give me Yourself.

If you would become a pilgrim on the path of love,
The first condition is that you become as humble as dust and ashes.
Know that he who desires the things of the World
Is haunted by sorrow.
He who desires Heaven is a laborer working for wages.
But, he who desires God is on the path of glory.

Know, that when you learn to lose your self
You will reach the Beloved.
There is no other secret to be revealed,
And more than this is not known to me.

The heart inquired of the soul: What is the beginning of this business?
What its end, and what its fruit?
The soul answered: The beginning of it is the destruction of self,
Its end faithfulness; and its fruit immortality.

A FIRST!

YOGAVILLE VIDYALAYAM HIGH SCHOOL GRADUATION

WE HAD, as Sri Gurudev pointed out, known most of them since they were toddlers. Now they stood before us on the stage of Sivananda Hall in their high school graduation caps and gowns. It was doubly joyous, because two of the young people on stage were the first to ever graduate from the Yogaville Vidyalayam High School.

Radha Metro and Vipul Pawani, who were both graduating that day, were joined by Mohini Shapero, Gita Wenzel, and Padma Knight—who had graduated from Buckingham High School earlier (as reported in our last issue of *Integral Yoga Magazine*). Because Padma, Mohini, and Gita were all Vidyalayam students until their recent transfer to Buckingham High, they too were honored at these commencement exercises.

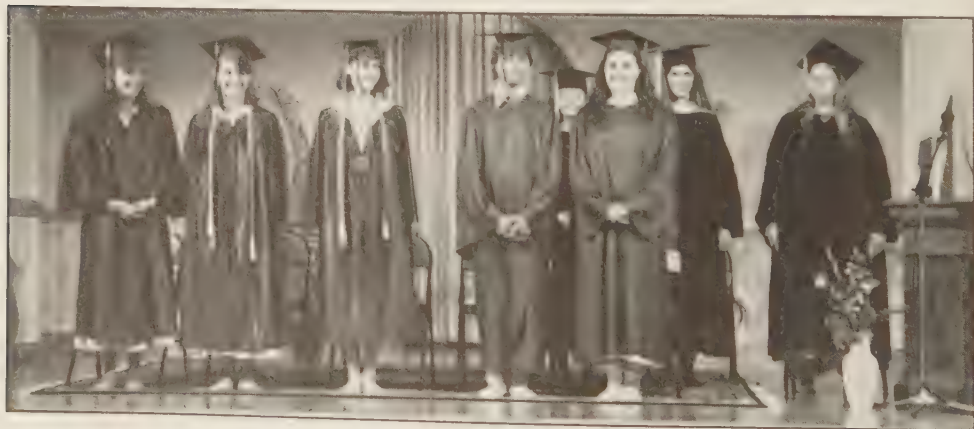
Sri Gurudev was in a radiant golden-orange cap and gown himself. Vidyalayam principal and high school teacher Swami

Sarvaananda was also in her doctoral gown and sash, as were Dr. Lakshmi Barsel and Dr. Kumari de Sachy.

Eyes were moist, and the mood was festive throughout the program. After Sarvaanandaji's introduction, Reverends Bhagavan and Bhavani Metro (parents of Radha) and Reverend Kumar Shapero (father of Mohini) spoke. Gita, Padma, and Mohini each shared a few words. Next, the graduates made their speeches. And the icing on this delicious cake was a beautiful talk by Sri Gurudev.

The talks given by Sri Gurudev, Radha and Vipul, and Swami Sarvaananda all follow in this magazine.

We join with everyone in the Integral Yoga Sangha to wish all of our graduates peace, joy, and true success in all their endeavors. We are proud and happy to see these great young people moving forward into their adult lives. □



Left to right: Gita Wenzel, Padma Knight, Mohini Shapero, Vipul Pawani, Dr. Kumari de Sachy, Radha Metro, Dr. Lakshmi Barsel, and Dr. Swami Sarvaananda Ma.

BEING THE BEST THEY CAN BE

— Graduation Address —

by Swami Sarvaananda Ma

Principal and Chief Administrator of the Yogaville Vidyalayam

BELOVED SRI GURUDEV, honored guests, faculty, friends and family. Hari Om! It is with great joy that we welcome you all to Yogaville Vidyalayam's first high school commencement celebration.

We are here to honor five of our children for their outstanding accomplishments, and to send them with our blessings and well-wishes as they go out into the world as young adults, as yogic lights. In going through their teen years, they have all dedicated themselves to being the best they can be.

Vipul first came to Yogaville in 1988 ready to learn how to live a Yogic life of dedication and service. The four young women, Gita, Padma, Mohini, and Radha formally committed themselves to following the teachings of Yoga when they took the Dharma, or Coming-of-Age, Ceremony in July 1987. The following is the oath that they took on that day. It has been their guide ever since.

"Age is not always a sign of wisdom; but wisdom often comes with age. As a child I was cared for and looked after by my parents, teachers and others who wished my welfare. I have been well served and have benefitted by their guidance and love. Now, as I enter into adulthood the time has come for me to assume greater responsibilities—for my own health and well being as well as for those around me. I will aspire to practice what Yoga teaches: to serve others in any way I can; to promote their physical, material, mental and spiritual welfare; and to do so as selflessly as possible knowing that, "The dedicated ever enjoy Supreme Peace." I will also remember that even when I cannot serve others, I should at least refrain from harming anyone."

All of the graduates have done their best



to live this vow and deserve our hearty congratulations. I know that they share with us the wonderment that they have been blessed to have a Realized Master personally guiding their growth every step of the way.

None of these graduates would be here today if it weren't for the sacrifices of their parents. Many of the parents changed careers and gave up financial gain and many material comforts in order to come to Yogaville and live dedicated lives of service to others.

It is with great pride and joy that we present Vipul Pawani and Radha Metro, the first students to graduate from the Yogaville Vidyalayam.

Vipul has accomplished extraordinary growth in just two years, by setting his mind to a goal and dedicating his entire effort to achieving it. Vipul is a wonderful young man, who embodies the best of chivalry in modern times. His heart is enormous, his love for life radiates. He has a knack for accomplishing what seems impossible. Just this week, through persistence and determination, he got permission to remove a rec-

ord from UVA [the University of Virginia] that was only available to professors. There is no doubt in my mind that this young man will be able to accomplish anything that he wishes. Indeed, he has discovered the secret that we are all unlimited when we rely on the Divine.

Radha Metro began her studies at the Vidyalayam in the fall of 1979, at the age of seven. Her dedication and devotion to the ideals of the Vidyalayam have been an unparalleled example and inspiration to us all. Her determination in sticking to her goals has enabled her to excel in all aspects of her life. We commend her for the spirit of courtesy and respect she shows to all, for her

active concern in encouraging teenagers not to use drugs, and for all the many services she has done at the Ashram. As proof of her capabilities in leadership and service, last December she spearheaded our Christmas in Buckingham program, which provided food and gifts for over 400 needy people in our area. This month, as well as completing her high school studies, Radha has also completed Hatha Yoga and Raja Yoga Teachers Training. Tomorrow she begins her studies at the American Musical and Dramatic Academy.

It is my great pleasure to present our two Vidyalayam graduates.□

A GIFT FROM AN ANGEL

Graduation Address

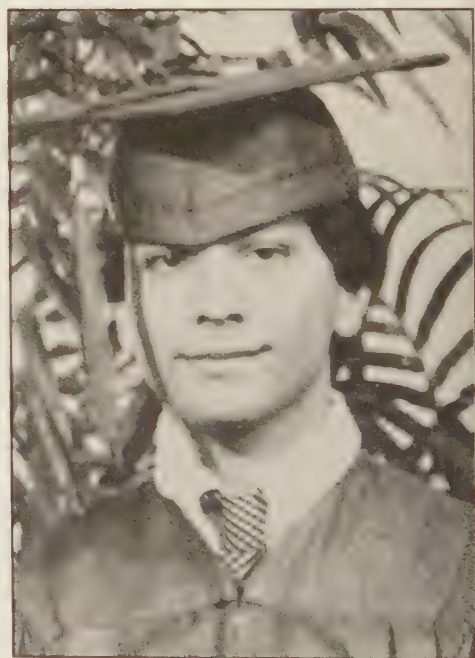
by Vipul Pawani

I AM VERY HONORED to be here today, and I wouldn't have reached this point if I hadn't gotten all your wonderful help.

I would like to first thank my family and my uncle Hari for finding me a good school in a spiritual environment and providing a challenge for me to be a better person and to do well in my studies.

I couldn't have come here if I didn't have a place to stay and a family to help me grow from a boy into a man. I cannot thank Bhagavan and Bhavani [Metro] enough, and all the Metro family for supporting me and for teaching me the right way to do things at home.

I would also like to thank the Ashram president, Swami Shankarananda, Reverend Jaganath, the Ashram Board members, and all the ashramites for helping me learn. Here,



I would especially like to mention Swami Divyananda's help and all the wonderful food from the kitchen mother, Karuna Lucas.

This year, the Buckingham School system has helped me a lot. First, thank you to Jyothi McNeil and Pushpa Smith for offering their great service of driving me there. I would like to thank Mr. Lawrence Lenz, principal of the high school, and Mr. Oscar Holman, my teacher, for helping me learn what I needed for the G.E.D. I would especially like to thank Dr. Anderson so much for all the special ways he helped me. As an example, he helped me obtain the testing I needed to find the best ways for me to learn. He also helped me out with getting ready to take my driver's test and the GED. Finally, I would really like to thank Dhyani Simonini, our Buckingham Tour Company Director and a Buckingham County High School teacher, who is such a wonderful and sweet person. She not only helped me learn lines, but also she taught me much more about every part of play acting. I really love it.

Of course, most of my studies took place at the Vidyalayam. First, thanks to the other students for their support and sharing with me. I would like to thank Kumari de Sachy, Evelyn Lerner, and Purusha Luther for all the individual attention they have given me. Last year, when I first came, I didn't know how to read very well and I was pretty slow in my studies. But, with the help of my classroom teacher, Lakshmi Barsel, I was really able to improve. Thank you very much, Lakshmi!

Swami Sarvaananda Ma is the Principal of the Vidyalayam, and she is the principal reason I am here today. Without her efforts, this wouldn't be possible for me. She is not only a teacher, but a mother to me, who gave me her support and a firm grounding in the teachings of Integral Yoga. She spent tremendous energy helping me in many, many, many ways. The priceless gifts that she has given me will always be in my

heart, and her friendship and support will always be an inspiration to me. Thank you, Sarvaanandaji, for everything.

Most of all, I would like to thank Sri Gurudev, the guiding inspiration of everything that happens at the Ashram, through whose teachings I received energy and strength. These teachings will help me morally to guide my life throughout all my future. Gurudev, I like being in your presence. You are a great inspiration. You say that "work is worship." This idea was a gift from an angel and made me understand my job as a student. It is because of this that I am able to stand in front of you today.

When I came here I was a hypochondriac, a lazy, spoiled, and shy person who didn't feel like doing anything with my life. I had servants [at home] and was quite an incompetent boy. But now I feel competent. I don't get sick very often without having a good reason. I also can do my own things which I used to make my servants do, like cleaning my room, cleaning the bathroom, washing dishes, and doing my laundry. I have also learned how to maintain a healthy vegetarian diet and how to handle my own money. These skills will enable me to go out on my own, have my own apartment, make decisions and plan for what's best for me in the future.

I'm really proud and I thank you all once again for helping me develop confidence and learn many new skills. Living a spiritual life has given me a good direction, which is always going to keep me on a straight line. I am hopeful and determined to continue to meet my family's expectations that I be a good person and do well in my studies. I hope that in the future I will be a credit to all of you, who are also part of my family.

Finally, I would like to thank Radha Metro for being with me in the Vidyalayam and congratulate her on her achievements, and wish her good luck in the future.

Again, thank you all and we'll keep in touch. □

UNFOLD YOUR POTENTIAL; MAKE IT SHINE

Graduation Address

by Radha Metro

I'D LIKE TO TAKE this moment to thank you all once again for coming here today. I can not even begin to express how much it means to me to have all the people I love with me on this special day. And what a special day it is! Over the past twelve years we have all been through a lot, and many times I worried that the school might not make it. But I suppose I should have known better; because, after all, this is Sri Gurudev's school, and everything he touches turns to gold. Graduating from this school is a dream come true. I think that it is the best school in the entire universe.

Over the past year or two I have had the opportunity to spend a lot of time with students from other public and private schools, and I began to realize just how incredible this school is. . .

The reasons our society is in such chaos and that it is going downhill so fast becomes very evident when you spend some time with some of the younger generation. Many honestly believe that what they do does not matter. They do not understand that they can make a difference; each one of them can make this world a better place if they only try. If they just studied and tried to get a C, they might not get it at first; but at least they would have tried. You can't blame the young people for the way they were brought up, and their environment. The truth is you can not blame anyone. But, you can help change the way things have become by teaching the students to have that personal



motivation. To do things for themselves, not just because they are told to.

This is what our beloved Sri Gurudev has done by setting up this community. He has founded an entire community based on light, knowledge and truth. And in this community he set up a school that will someday rock the universe with its greatness. I think that many of you may not even know what a gem we have here at Yogaville. It gets a little overshadowed by the LOTUS temple. But this school is really outstanding. You see the Yogaville Vidyalayam teaches children not only academics, but it instills the teachings of Yoga. And by using a

mixture of Yoga and academics the children are taught the proper way to learn. These kids are taught Yoga and how to learn—two invaluable teachings, with them you can go anywhere and be anyone. Every single student who has left the Vidyalayam has done extremely well in whatever they chose to do, whether it was to become a psychologist, have a family, or just be a skater. With these two golden teachings you can unfold all of your potential and make it shine.

I am proud to be a part of the Vidyalayam. Proud to have helped start, and keep going a school that could quite possibly someday change the world. Perhaps someday Bharati Shapero will become president, Poorna Metro will run an international corporation, and Nandalal Rajakumar will stop the violence in Sri Lanka. These children grew up with the teachings of Yoga, and through the guidance of Sri Gurudev and his carefully selected representatives in the Vidyalayam these children know the teachings not through their minds but with their hearts. They are walking, talking and thinking Yoga without consciously trying.

I am so humble and yet so proud to be graduating from the Vidyalayam.

I would like to thank you all for supporting the school, but would also like to ask you to not only continue your support, but to redouble your efforts. Last year when the high school program was about to close all had so many great ideas of how to improve and support the school in better ways. Then somehow when the program did close we all seemed to forget about the ones who stayed behind. Although the Vidyalayam is an exceptional school, there is always room for improvement, such as more teachers and better facilities. I am asking you all to really look into your lives and see what each of you can do. If you have an extra ten dollars at the end of the month, give it to the Vidyalayam. Or volunteer to do a one hour class or workshop on anything from the Bible to art, to how to properly set a table. Whatever you have to offer, offer it. Support

the students, let them know that you care. Going to this school is very difficult. You are constantly pushed to overcome your weaknesses, whether personal or academic. There is no running away at the Vidyalayam. So, it is nice to know that everyone is supporting you in your struggles.

Attending the Vidyalayam has been really wonderful for me. Whenever anyone compliments me on anything I always give a lot of credit to the Vidyalayam.

So, in closing I would like to remind all of you younger members of our beloved school just how lucky you are. Always be proud to be a member of this school. Don't let anyone convince you otherwise. Just live as an example of Yoga and everything else will fall into place. Take care of the school and your teachers. Remember, when they push you and make you work harder than you think possible, it is just because they love you. And also know that I love each and everyone of you. If you ever have a problem, know that I will always be available for the Vidyalayam students.

Thank you Mom and Dad for bringing me here and thank you my whole family for supporting me.

And most of all, thank you Gurudev. Words can not even begin to express my gratitude and love for you.

Tomorrow morning I leave for New York City, but I am not scared because I know that I have had the best training for life a kid can ever hope for.□

A BETTER WORLD SHOULD BEGIN AT HOME

— Excerpts from the Graduation Address —

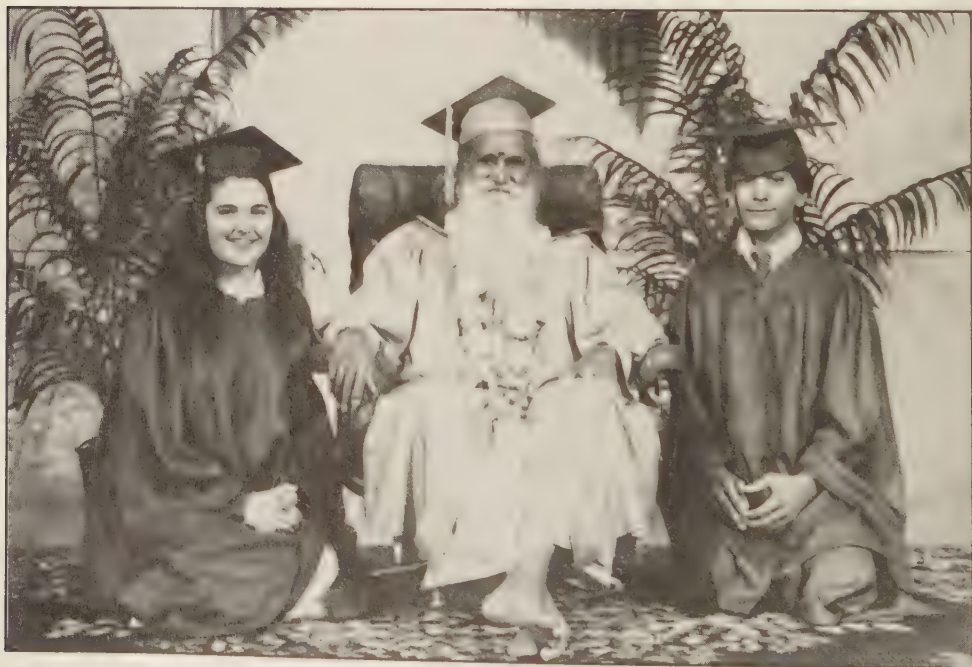
by Sri Swami Satchidananda

FRIENDS, it is really beyond my wildest dream that these things are happening here in Yogaville. Often I used to wonder if all these efforts were worthwhile. But today it has been proved very well, without any doubt, that every little effort we all give is worth the while. As Radha gently mentioned, it's really a great task—swimming against the current. Often I thought, "Will we survive?" But the children have proved it. And we see the fruit of it today.

I really thank all the teachers who have truly worked tirelessly. It is not just another

school that we see here. It is the ancient *gurukulam*—living with the gurus. Occasionally I used to have my doubts, "Will we be able to succeed?" And here the children have proved that, yes, with proper effort and with proper zeal on their part, nothing is impossible to achieve. With proper support and cooperation and effort we can achieve what we want. They have done a great job.

Certainly it is not only the teachers. The parents also have a lot to do with that success. I know that often they have gone through some trying periods. They used to wonder whether they could make it or not.



The Yogaville Vidyalayam's first high school graduates, Radha Metro and Vipul Pawani, with their foremost teacher.

But we all made it. As Bhagavan Metro said, his faith in Yogaville didn't go to waste.

It's impossible for us to go and change the whole world. We say, "Charity begins at home." A better world should begin at home. We cannot just go and change the whole world overnight, but we can at least try to change our little home. And that is the aim behind Yogaville. If we want to see a better world, filled with peace and joy and the spirit of dedication, we should create a little world as a sample. In a way, our humble efforts have been crowned with success by the Grace of God through these children.

I have no doubt that wherever they go they will shine and will be strong enough to impart this information to others. And they will be strong enough not to slip into the current. Instead, they'll be able to pull away from the slippery road. In every way they are proving it.

When some of our kids went on to Buckingham High School, we were praised by the people there. These young people proved their good background. If you want to respect a tree, it should give good fruits. And we are producing good fruits. The only joyful sadness is that we won't be having them around us that much anymore.

I hope that, wherever you children fly, whenever you want to rest on a little branch you will know it's still here. Keep in touch with us.

The Culmination of Education

Education should be an all around development. As Bhavani Metro mentioned, *Mata, Pita*, Guru, and then God. The mother gives the child to the father, the father gives the child to the teacher, and then the teacher gives the child to God. Who is God, what is God? The entire Nature. So they are serving God by serving the entire Nature—serving everybody and everything every moment. Service will be their motto. That is, in a way, the culmination of education, the purpose of education. Thiruvalluvar says,

"What good of education if you can't experience the God within and see the same in everything and serve?"

That's our goal. And our children know it very well. It is aptly a commencement day. That means you are going to commence your lives. It's a starting point. Not that you have finished. This is the beginning of a new life. This is the beginning of showing what you have learned.

Many times we have told you, "Please don't do it just because I say so, because we say so." Instead, do it because you want to do it, because you are convinced. You understood what we said, you accepted it, you are convinced of it, and it becomes your own idea. Now you are doing it.

It's very hard in this life without that. If these kids go out and do things because "Mommy said," "Daddy said," "Swamiji said," it won't last long. Only when they go with the conviction, "It's because I *want* to do this, I want to follow this way," will it work in their lives.

Thiruvalluvar, speaking particularly of grown children (teenagers or older) says, "If you want to protect a person, what good of putting them in a prison, protecting them in an environment that is a prison and *making* them lead a clean life? Instead, it should come from the contented mind, convinced mind." It's impossible for us to keep on holding them, holding their hands. They should be convinced of what we say; then, it is their own job. And I am sure they are well convinced and they're going to do it just for themselves, not for our sake.

With Courage and Confidence

When you go out, you are going to face a lot of strange, powerful currents trying to carry you away. But you have built enough strength to face it well, and our support is always there with you every minute in every way.

Go with that courage; go with that confidence. And any time you feel a little slippery, don't hesitate to call on our serv-

ices. We are always available. If you think that you are getting caught in that current and if you are finding it difficult to cope, jump out of it. Your career, making a name, making money, and all other things could be postponed if necessary.

Remember, the real strength is the moral strength—not intellectual strength or financial strength. The world has seen all that strength fail. People with billions are not strong, are not happy. People with great education are not happy. The only thing that would make you always happy is your own moral strength, based on the soul force.

Mahatma Gandhiji won the freedom for a whole country without physical strength or financial strength, but only with the soul force—*Atma Shakti*. Never lose that. Never pay that as a price for other things. What good of buying the whole world while selling your peace. A great sage once said, "How foolish it would be if a person gives the eyes as a price to buy a painting." You take away your eyes and give them as payment and you buy the painting. Then how are you going to appreciate it? Our moral strength and peace are the most important. You can be the poorest of the poor, it doesn't matter. If you have that moral strength, moral courage, the soul force, everything will come back to you. That's what the Bible said: "Seek that Kingdom first." All other things are tuppence compared to that. Get that first. Once you have that, all things will follow you, will be simply added unto you.

So don't get carried away by—as Mohini said—temporary pleasures. They won't make you always happy. Always ask, "Will this make me always happy? Will this make me always peaceful? Or will this rob my peace?" If the answer is "Yes, it will rob my peace," shun that—"I don't want that. I care more for my peace."

That peace is the known God in us. Why look for God somewhere else? God is not somewhere up there, sitting. God is in us as peace and joy. Let us always dwell in that, rely on that.

Keep that understanding; then go ahead and achieve whatever you want. But without that peace, no achievement is good. Don't think that only all those people who graduated and got all the degrees are successful in life. I have seen many people who never even got into college who are happy and successful. How many M.A's, Ph.D's were there among the disciples of Jesus? None, but we revere them as saints. What does it mean? Moral strength based on the trust in God, faith in God. That is the greatest education. School education is very important, but that alone is not going to make everybody happy.

So have faith in God and dedicated spirit in life. If you have that, then every bit of education and experience adds more value to you.

Not One "Ism"

In one other area our children excel. They are not limited to one "ism." They are purely ecumenical. Even I don't know all the life stories of all the sages and saints. These children have studied the lives of all the saints and sages of all religions. I am so proud of them. You cannot just limit them; they are unlimited. They can move comfortably with any group. They can easily mingle with all types of people. Because they see that common thread through it all.

The disharmony in the name of race and religion, color and caste is one of the terrible sicknesses and sins in the world today. And you young people are going to change all that. You'll bring real harmony into the world. That's why your education is given to you. So, keep that up, make us proud. We don't mind becoming a little proud for something like this.

I really wish you all the strength and guidance and courage to go forward and shine as brilliant Yogaville stars and bring joy to us all and to the whole world. □

IS CHILDHOOD PASSING?

by Gita Wenzel

Castles built on the sands of time, but taken by the sea,
Teddy's smile has faded in many a memory.
Small children now asking *me*, "why?",
Could it be childhood is passing by?

How fun it was to run and play,
But life gets shorter day by day,
The pride is gone in tying shoes,
Tears not from bruises, but from watching the news.

Times are changing, we're growing fast,
Lost in the future, but forgotten the past,
Searching for a happiness we knew earlier on,
Wanting back that innocence that made us young and strong.

Quick call the hotline! - Childhood Abuse,
Too much is supplied with improper use.
Don't let childhood pass you by,
Sandcastles may get washed away, but memories never die.

-presented at the Vidyalayam graduation

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LOVE IN THE PRESENT

Two stories from East-West Series

I HAVE NEED OF YOU

A doctor was busy in his study when his small son came in and stood silently by. The doctor, preoccupied with his work, put his hand into his pocket, took out a coin and offered it to the boy. "I don't want any money, daddy," the lad said.

After a few moments the doctor opened a drawer of his desk, took out a candy bar and offered this to his son. Again he was refused.

A little impatient, the busy doctor asked, "Well, what do you want?"

"I don't want anything," replied the boy. "I only wanted to be with you."

WHY NOT NOW?

"If I should die, John, I suppose you would spend a great deal of money for flowers."

"Why, yes, Anna; but whatever put that into your head?"

"Oh, nothing, only I thought, thirteen-dollar wreaths and fifty-dollar anchors wouldn't make any difference to me when I'm dead. But just a little flower now and then when I'm living would mean so much to me!"

"Just a little flower, now and then, while I'm living." The reply of the young wife is eloquent of the heart-hunger of thousands.

Why do we withhold the appreciative word, the loving look, the fervent handclasp until the pulses are stilled, the eyes closed, the ears unheeding? Why wait until flowers can no longer give pleasure, to shower them upon our near and dear ones? □

YOGAVILLE PROGRAMS FALL-WINTER 1990

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DAY BY DAY WITH SRI GURUDEV

CALIFORNIA: Real Yoga

In February, hundreds of Yoga teachers from all over the world gathered at Murietta Hot Springs, California for the Fifth International Conference sponsored by Unity in Yoga, entitled "Many Paths — One World." There were over fifty presenters at this conference—all giants in their respective fields, including Mataji Indra Devi; Dr. Vasant Lad; Rama Jyothi Vernon; Bo Lozoff of the Prison-Ashram Project; John Robbins, author of *Diet For a New America*; along with many other great beings, including Liliias Folan, our own Swami Nischalananda, Angela Farmer, and Judith Lasater. What an extraordinary blessing to have so many great souls at the same place, at the same time, focusing on the highest ideals of living Yoga.

Like the beautiful *mehru* of this garland of great souls our beloved Sri Gurudev arrived on February 17th and gave the keynote address and the next day spoke on "Yoga-Wholistic Vision" to the packed hall of eager Yoga teachers.

After Sri Gurudev's talk it was a great blessing to observe Rama Jyothi Vernon giving Gurudev an update on her awesome work for peace through Yoga in the Soviet Union and around the world. She invited Sri Gurudev to bless the Soviet Union with another visit.

Sri Gurudev emphasized in his opening talk that, "To adjust, adapt, accommodate, to bear insult and injury is the highest *sadhana* (spiritual practice). If that is not there, what good of your Yoga? *Real* Yoga is exhibiting these qualities in your life. All our other practices, such as asanas, and pranayama, are to bring us to this level."

He further elaborated that *real* Yoga is maintaining one's equinamity in the midst of the dualities, i.e., heat and cold, pain and

pleasure, praise and blame, profit and loss. Sri Gurudev said that the dualities are two sides of the same coin and that the secret of equinamity is to accept both. He reminded us that there is no problem without a solution. "If we get upset by the problem, we may fail to see the solution. But if we just comfortably turn over the coin, the solution is there." Sri Gurudev said that, "*Real* Yoga is to be peaceful, easeful and useful. There are many yogis without even knowing that they are yogis. They have never even heard of Yoga, but they behave like yogis."

He went on to say that, "Pain is our friend. *Tapasya* means to burn. As you burn gold, it improves its character, upgrading its quality. How do we get burned? By bearing insult and injury. Go through the pain and suffering. If you know this secret, you will never deny the pain and you will even thank the person who brought it to you."

Through this understanding and acceptance we can maintain our equinamity, live as *real* yogis and be golden lights for all.

-Dharma Benincasa
and Meenakshi P. Honig

MONTREAL: Future Self

Sri Gurudev was the Honorable Conference Patron at the Annual Spiritual Sciences Fellowship-International Institute of Integral Human Sciences Conference held in Montreal, Canada, May 18-20, 1990. The theme of the conference was "Future Self - 1990." Other speakers at the conference included: Raymond A. Moody, Jr., Astronaut Brian O'Leary, Dean James Morton, and Rabbi Joseph Gelberman. The Conference was organized by Dr. John and Marilyn Rossner, both dear friends of Sri Gurudev. Sri Gurudev spoke on Friday evening, May 18th. His talk was entitled, "God Self."

Marilyn Rossner introduced him by

saying, "Sisters and brothers, truly in the name of the one universal creator, we have in our midst a living saint, one who has dedicated his life to all of humanity, one who accepts all, who criticizes none, one who shares his heart and his mind and his soul, one who truly has brought peace among different religions, different nationalities, different people throughout the world, one who is invited regularly to the United Nations, has met with the Holy Father and with most of the religious leaders in the world, one who loves children, one who loves animals, one who is our friend, our teacher, our beloved Gurudev Swami Satchidananda."

Sri Gurudev started by saying, "That's too big of an introduction, Marilyn. I know you love me so much but should you say *all* these things about me? Well, we know the proverb, beauty is in the eye of the beholder. Marilyn always sees that beauty in everybody. Literally, she is able to see the same Self in everybody and in everything. And the theme of this conference is 'The Future Self.'

"Often, unconsciously, we say, 'I, myself; you yourself; this itself; the plant itself; the tree itself; the fruit itself. 'There is a 'self' added to everything. We don't even question, 'Why, "self, self, self, self" added to everything? Because that is the truth. There is self and only self. The Hindu scriptures called the Self as Atman. I like to use that word, Atman, because it vibrates in the same wavelength as 'atom.'"

Gurudev went on to explain that, "The Supreme Self is something that you cannot even grasp with the mind, you cannot put it into words. Because It hasn't *become* something, we are in a way limited in our understanding, in our capacity to grasp. So, as limited entities we find it hard to grasp the unlimited. . . If It remains as it is, unthinkable, unspeakable, ungraspable, what good of that? There is no use for It. Actually, there is no use for God if God remains as unthinkable. Who wants that kind of God—whom you cannot even think about, cannot even

grasp, cannot even talk about, you cannot even use It? God wanted to become useful. So maybe God thought, 'Nobody to talk to, nobody to play with. All right, I must have some fun. How can I have fun if I am just alone. I can't. So, let Me multiply Myself.' God multiplied into many things, many species, into the entire universe. So all that we see in the universe, and all we do not even see with this physical eye, is nothing but the expression of that Supreme Self, God."

In speaking of seeing everyone as that Self, he said, "If you see yourself as the spirit, your vision begins with the spiritual. And then you go and see the spirit of other people. It is very natural. The perceiver perceives according to his or her level of understanding. That is the reason the scriptures say, 'Know Thy Self first.' If you have understood yourself as the pure spirit, as the image of God, then you'll be able to see everything as the image of God."

Gurudev spoke eloquently about how peace can grow throughout the world with this kind of understanding of the same Self in all. In closing he said, "I really pray and wish that gatherings like this would kindle our thoughts, reawaken our true knowledge of the true essential entity among us, and help us learn to live as *one* global family. No matter how the other person looks and talks and acts, we are all one spiritual family, God's family. . . Let conferences like this bring that beautiful truth in our lives. When we go out of this conference, let our perceptions be different. Let us learn to see people and things with love. We should learn to love everything. May God bless us with that perception. This is my sincere prayer at this conference. And I take a minute to express my sincere, heartfelt thanks to these two beautiful souls, John and Marilyn Rossner and their colleagues who have come forward to bring us together, to make us sit and think together, and to feel that oneness."

-Jyothi Ruvinsky and Susheela Boutillier

VIRGINIA BEACH: Love's Abundance

In June, Sri Gurudev was a special guest at the Association for Research and Enlightenment. He was featured, along with Charles Thomas Cayce, Leslie Cayce, and Mark Thurston, at the Conference titled: "God, Self, and Others: Exploring Love's Abundance."

Sri Gurudev spoke to about 175 conferencees on the topics: "Yoga and the Path of Devotion," and "Healing Your Heart." He was introduced by Jeannette Rowden, an A.R.E. staff member.

As he sat serenely in the lotus position

with pastel colors surrounding him, he delighted the audience with his special sense of humor. On Tuesday night, he explained how the coconut could be viewed as the ego. On Wednesday morning a coconut mysteriously appeared on his table, and he asked, "Whose ego is this?"

The Association for Research and Enlightenment is always especially happy to host Swami Satchidananda because he epitomizes love, peace, and joy in human form.

-Jeanette Rowden

GURU POORNIMA 1990

Among the many dear, special guests and friends who visited for Guru Poornima were our beloved Rao family, here with Sri Gurudev returning from the LOTUS rededication.



Hundreds of devotees from all around the world joined Sri Gurudev in a glorious rededication of the Light Of Truth Universal Shrine.

*"Don't look for anything just for
yourself. Let your life be
a sacrifice."*

-Sri Gurudev

*"With proper support and
cooperation and effort we can
achieve what we want."*

-Sri Gurudev

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*"Live for the sake of others.
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*"A better world should begin
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-Sri Gurudev

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the whole world overnight, but
we can at least try to change
our little home."*

-Sri Gurudev

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filled with peace and joy and the
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create a little world as a sample."*

-Sri Gurudev

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can't experience the God within
and see the same in everything
and serve?"*

-Sri Thiruvalluvar

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motto. That is, in a way, the
culmination of education, the
purpose of education."*

-Sri Gurudev

*"Serve God by serving the entire
Nature—serving everybody and
everything every moment."*

-Sri Gurudev

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Integral Yoga is the synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of samadhi or super-consciousness.

Japa Yoga The concentrated repetition of a mantram (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to it.

Hatha Yoga Postures (asanas), breath control (pranayama), relaxation, and cleansing practices (kriyas), to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The Goal of Integral Yoga, and the birthright of every individual, is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family. This goal is achieved by maintaining our natural condition of: a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as crystal, and a life filled with Supreme Peace and Joy.



Swami Satgurunand
B.L.